

Swiss Steak10

Number of Servings: 10 (147.12 g per serving)

Amount	Measure	Ingredient
10.00	svg	Beef, ground, hamburger patty, brld, 10% fat
2 1/4	cup	Tomatoes, diced, w/juice, cnd
2/3	cup	Onion, white, fresh, chpd

Nutrients per serving

Nutrition Facts			
Serving Size (147g)			
Servings Per Container			
Amount Per Serving			
Calories 190		Calories from Fat 90	
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	4g		20%
Trans Fat	0.5g		
Cholesterol	70mg		23%
Sodium	200mg		8%
Total Carbohydrate	3g		1%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	22g		
Vitamin A 2%		Vitamin C 15%	
Calcium 4%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* Buy 4 oz 90% lean ground beef patties = ~3 oz EP
OR lean 4 oz tenderized, unbreaded steak may be used

Brown meat and place slightly overlapping in two (per 50 servi) 12X20X2 inch counter pans.

Cover meat in each pan with equal amounts of tomatoes and onions.

Bake for 1 hour at 350 degrees F to at least 165 degrees F and serve.

Serve 1 patty and 1/4 c (#16 scoop) vegetables/serving.